



October 6-12, 2014

Cycle 3

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

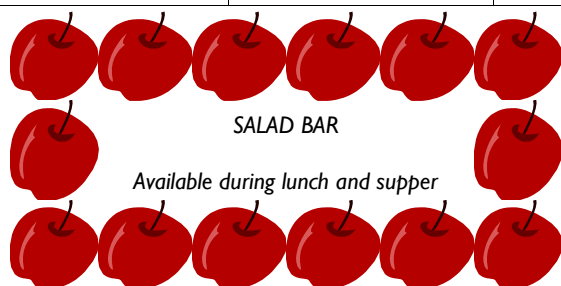
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions
By Yucca Residence

****Please note: Items are subject to change based on availability without prior notice****

Mon 6	Tue 7	Wed 8	Thu 9	Fri 10	Sat 11	Sun 12
WW toast or WG pancake turkey wrap Pineapple Orange juice Milk	WW toast or WG cinnamon French toast Mixed fruit Apple juice Hard cooked egg Milk (syrup)	WW toast or WW tortilla Peaches Craspberry juice Scrambled eggs with potatoes Milk (salsa)	WW toast or WG mini breakfast slider Pears Orangerine juice Milk	WW toast or WW turkey sausage bagel Mandarin orange sections Fruit punch Milk		
WG macaroni and cheese or WG macaroni and cheese w/ bacon Mixed vegetables Fruit rollup Milk	Spaghetti with meatballs Romaine caesar salad Apricots Milk (parmesan cheese)	WG popcorn chicken Potato wedges WG pasta salad Mixed fruit Milk	Cheese crisp Seasoned pinto beans Peaches Milk (lettuce/salsa)	Baked chicken Glazed carrot coins Broccoli with cheese sauce Cornbread Pears Milk (margarine/honey)	Meatballs on bun Green beans Fruit gel-o Milk (parmesan cheese)	Turkey cheese hoagie (BYD: lettuce/tomato slices/pickle slices/ banana peppers/olive slices/onion slices) Coleslaw w/ pineapple Chips Just dessert Milk
BLT Corn Green beans Apricots Milk	Hotdog on bun SS potatoes Chili con carne CC fruit rollup Milk (cheese sauce)	Meatloaf Mashed potatoes (LOD) Corn Pudding Milk (gravy)	Baked chicken Rice pilaf Green beans Pineapple Milk	Hamburger on WW bun or Veggieburger on WW bun Twister fries Baked beans Sidekicks Milk (lettuce/tomato slices/pickle slices/onion slices)	HM cheese enchilada Refried beans Peaches Milk (lettuce/salsa)	Beef and broccoli Steamed rice Potato salad Cookie Milk (soy sauce)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
Supper:	4:30-6:00pm Monday-Thursday
	11:30am-1:00pm Friday
	4:30-5:30pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).